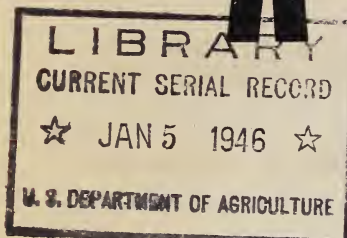


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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION Office of Supply
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HOT MEATLESS MEALS FOR WORKERS

Take a tip from grandmother's cookbook to plan meatless meals. One of grandmother's favorites was a delicious, hearty, piping hot soup.

A modern version of grandmother's meatless meal is a large bowl of soup, followed by a salad or a vegetable dish containing eggs, cheese, or other meat alternates, and topped off with a custard dessert. That makes a meal which is appetizing, nutritious, and easy on the precious red points. Featured on the cafeteria menu, it can easily become a popular favorite with many industrial workers.

Soups made with milk, dry peas or beans, or fish are good sources of protein. There are many varieties of soups—consomme, chowder, bisque, puree -- but a hearty nutritious soup should be featured for the meatless meal.

Dry pea soup, rich in protein, iron, and vitamin B₁, is a perfect soup for such a meal. Dry peas are in abundant supply this month, and can be used liberally. Use green or yellow peas; both are equally nutritious. Make the soup thick by using plenty of peas. Add finely chopped onions, carrots, and celery stalks at the early stage of cooking to gain a special appetizing flavor and extra food value. Use ham stock, or bits of ham, salt pork or bacon in the soup if you have them; or cut frankfurters, sausage, or luncheon meat into small pieces, saute them, and add to the soup just before serving time. Top the soup with croutons, sauted lightly in bacon fat, to make it still better. Cafeteria customers will agree that this delectable soup is practically a meal in itself.

A crisp vegetable and egg salad, served with dark rye bread, and a custard and a glass of milk will balance out the meat to provide a goodly portion of the health protective foods.



In France, where thrifty use of available foods has developed a world-famous culinary art, the soup pot has long been a national tradition. The soup pot conserves all of the food values in every usable scrap and bone, trimmings of roasts, bits of vegetables, vegetable liquors, roast and steak bones. The modern, American way is to store vegetable liquors in the refrigerator to be used as a flavorful, mineral-and-vitamin-rich soup stock.

Serve cream of asparagus and cream of spinach soup, using these vegetable liquors. The added milk gives extra food value. Cream soups are excellent "milk carriers."

The following menus are built around soup. They will provide a hearty meal when meat is scarce:

1

Fish chowder
Saltine crackers
Tomato, lettuce, and green pepper
salad with French dressing
Whole-wheat bread with butter or
fortified margarine
Lemon meringue pie
Milk

2

Split pea soup, with toasted bread
squares
Mixed green salad with hard-cooked
eggs
Dark rye bread with butter or for-
tified margarine
Raisin-rice pudding
Milk

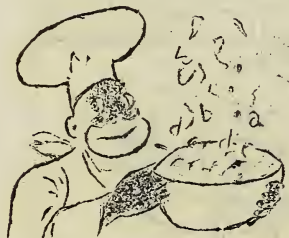
3

Cream of vegetable soup
Baked potato
Fruit and cottage cheese salad
Whole-wheat bread with butter or
fortified margarine
Spice cake, with maple frosting
Milk

4

Cream of potato soup with onions
Salad plate: American cheese and
bologna slices, cabbage salad,
and tomato wedge
Enriched bread with butter or for-
tified margarine
Chocolate bread pudding
Milk

The following bulletins, although they are written from the family meal stand-point, will be found helpful in planning meatless meals: "Dried Beans and Peas in Wartime Meals," AWI-47, and "Potatoes in Popular Ways," AWI-85. Both may be obtained in limited quantities, without charge, from the Midwest Office of Supply, War Food Administration, 5 South Wabash Avenue, Chicago 3, Ill.



HOW TO CARE FOR GREENS

Greens are rich in vitamin A and good sources of vitamin C and iron. Nutritionists say the average American could well eat as much as 50% more green and yellow vegetables.

Since vitamins disappear as vegetables wilt, use green vegetables fresh. When they must be held for a time, keep them cool, damp, and lightly covered. Pile loosely to prevent crushing.

Cook greens quickly--just until tender--season simply with salt and meat drippings or other fat, and serve at once. Usually no water need be added in boiling greens since the water that clings to the leaves is sufficient. Cover to speed cooking. Approximate boiling times are: Spinach, shredded cabbage, 5 to 10 minutes; collards, 20 minutes; kale, 10-25 minutes; broccoli, 15-25 minutes.

COMMITTEE ON INDUSTRIAL NUTRITION NAMED

A sub-committee on nutrition and industrial fatigue has been established by the National Research Council to collect, review and publish pertinent data on nutrition and feeding of industrial workers, and to stimulate research in this field.

The objective is to learn the effect of industrial feeding on the welfare and productivity of the worker. Dr. Maurice E. Shils, the sub-committee's secretary, is visiting industrial plants and universities to collect ideas for survey plans for improving the nutrition of workers.

The surveys seek specific information: 1) To what degree does participation of industrial workers in an in-plant feeding program affect their health and productive efficiency? 2) To what extent does eating or not eating breakfast affect an employee's health and efficiency? 3) How does a change from a poor to a good in-plant feeding program affect worker efficiency? 4) Has between-meal supplementary feeding had any significant influence on worker efficiency?

The answers to such questions are of great importance to both factory management and workers, according to the Nutrition and Industrial Fatigue Sub-Committee, which is composed of Dr. Robert S. Goodhart, chief, Industrial Feeding Programs Division, WFA; Dr. Andrew C. Ivy, professor of physiology, Northwestern University School of Medicine; Dr. William H. Forbes, assistant director, Fatigue Laboratory, Harvard University, and Dr. Shils.

Industrialists and universities are encouraged to cooperate in developing basic information. Correspondence should be directed to Dr. Robert S. Goodhart, National Research Council, 2101 Constitution Avenue, Washington 25, D.C.

CIVILIAN FOOD SUPPLIES AND CONSUMPTION

The Bureau of Agricultural Economics estimates civilian food consumption in 1943 at 6 percent above the pre-war years of 1935-39, and places the 1944 consumption at 9 percent above this level.

Food production has been increased 37 percent to meet large war requirements and to concurrently provide for the increase in civilian consumption, BAE continues. About 21 percent of the total food utilized went into non-civilian channels in 1944--two-thirds of it to the military and the remainder to lend-lease, exports, and shipments.

The 1945 outlook is less favorable than a year ago, according to BAE, but it adds that the 1945 nutrition level can be expected to be well above the nutrition level of pre-war years.

Looking ahead, BAE says 1945 supplies of all meats, chicken, butter, lard, potatoes, sweetpotatoes, dry beans, some fresh vegetables, deciduous fruits, and sugar will be reduced from last year.

Some increase is likely in civilian supplies of evaporated milk, milk by products, and margarine, and egg consumption may be raised slightly. Over-all supplies will be above the 1935-39 level, but supplies of some of the most popular food will continue to be smaller than the average consumption on a per capita basis.

HOW ABOUT SALADS?

Fresh Spring Salads — these are foods to turn a winter-jaded appetite to joyous anticipation. Gay colored, tangy flavored, crisp textured salads in the daily diet will provide needed vitamins A, B, and C. Salads should rate high with employees—because any or all of these vitamins—and minerals, too, are in salads, depending upon the choice or combination of vegetables, and fruits.



Given the spirit of spring in the making and serving, salads will convey thoughts of the great outdoors, and they will produce a vibrant feeling for those who indulge in the "salad parade" at the plant cafeteria counter.

BUFFET SERVICE SAVES POINTS

An experiment for reducing consumption of high red point value meats is being conducted by Thompson Aircraft Products Company in its cafeterias at Cleveland, Ohio.

Thompson's plant cafeterias feature four lines of service. Two of these are ala carte service lines; and two are "Vitamin Victory Lunch" lines, where complete meals, planned by a capable dietitian provide one-third of a worker's daily food requirements and are served at a flat rate.

One of the "Vitamin Victory Lunch" lines has been changed to a "buffet service." This line features non-rationed, and low-point foods like fish, eggs, cottage cheese, fruit and vegetable salads and one hot dish, such as spaghetti, baked beans, noodle casserole, etc., is served each day.

Thompson food operators have called attention to the "buffet service," by offering an award for the best name for it. The new service has been operating about three weeks, and its new

name has not yet been selected, but it has proved very popular from the first day it opened, according to the cafeteria manager.

CHECK YOUR CASH REGISTER FOR SALES OF GOOD NUTRITION

Nearly every ring of the cash register records a sale of good nutrition and health to industrial workers at the Post Products cafeterias, Battle Creek, Michigan. Marjorie Jones, dietitian-manager, cleverly directs the workers' meal selections to include some foods from all of the Basic Seven groups.



One secret of Mrs. Jones' success in feeding workers is careful planning of special combination lunches to automatically give the customer a good nutritious lunch, yet allow some freedom of choice.

Two or three entrees are offered daily—the price of the lunch is determined by the entree. There is choice of a salad or green vegetable, potato or other starchy vegetable, bread and butter, dessert, and beverage to complete the lunch. A combination lunch is the choice of practically all Post employees patronizing the company-owned cafeterias.

DR. MAURICE E. SHILS, secretary of the sub-committee on nutrition and industrial fatigue, National Research Council, addressed a meeting of the Chicago Industrial Food Operators and Federal Interagency Committee, in the War Food Administration's Midwest Office of Supply, Chicago, March 23.

STEPPED-UP PRODUCTION of chickens for meat is being encouraged by WFA to increase civilian "red" meat supplies. Farmers are urged to grow extra birds to sell as broilers up to 4 pounds in weight by late July.